
Kyrene Traditional Academy



January 30, 2026

Message from the Principal

Hello KTA Families and Friends:

I hope this finds you doing well as we get to the end of January! Time is flying by!

This week, we had class picture day, make up pictures. We are happy to offer class pictures for K-5 for families and students. Club Pictures & 8th Grade Group Picture will be taken Monday. Middle School Advisory classes will have their class pictures taken February 2. **Our yearbook is going to be amazing this year....have you ordered one yet?** The price will increase closer to the end of the year, and there is no guarantee you will get one if you DO NOT pre-order. **PLEASE be sure you won't be disappointed if we sell out, and pre order your yearbook now!**

Students (who had parent/guardian permission) took school surveys this week asking for their input and perspective on their school, teachers, our school climate, and student interaction overall. We value their input and it really helps us to tailor our support services for grades, and overall school climate issues.

Kindergarten students had a wonderful field trip to the Arizona Puppet Theater, , Middle Schoolers had a \$1 free dress day, and our Site Council met to discuss and plan for an ALL SCHOOL Career Day, to be held later in March. We are continuing to plan and enact amazing events, trips and opportunities for all students and all grades. We are committed to providing an amazing school year this year and next!! KTA families, staff, students and our entire community are invested in making

magic for all of our students until the end of next school year.

PARENT/GUARDIAN CONFERENCES are next week!! **Wed Feb 4, Thurs Feb 5 and Fri Feb 6.** Have you signed up for your time slot for your child's teacher (s)? These are amazing opportunities for families to meet with teachers to get a handle on how your child is progressing now, and what you can do to support their learning at home and in school. We truly value your collaboration and partnership and we hope you ALL take advantage of this opportunity to meet with and work with our teachers.

REGISTRATION opens next week for the **2026-2027 School Year!!** **ALL current KTA students are automatically carried over to the next grade, so you don't need to do anything if your child is continuing here at KTA for next school year.** We sincerely hope you will stay with us next year for an **AMAZING** finale to our incredible school. **We are planning a fantastic LEGACY YEAR for everyone!** If you are making other plans within Kyrene, the window will be open starting next week for your registration.

Thank you for your continued support and collaboration.

Marianne L. Lescher, Ph.D.



PTO is looking for volunteers for the February Book Fair.

[CLICK HERE](#)

to sign up.

There are daytime and evening spots available. Be sure to scroll down to see all the available openings.

No experience necessary. We will train.

GROUP PICTURE DAYS COMING SOON!

February 2 MS Advisory Class Pictures (Uniforms)



shutterstock.com · 1457741228



EXTRA EARLY RELEASE DAYS FOR PARENT TEACHER CONFERENCES

February 5 & February 6 **
Students will be released at 12:15 p.m

***As always Wednesday, February 4 is also an early release.*

Please be sure to adjust your pick up plans.



SPRING BOOK FAIR

February 2nd thru 6th

Our biggest Book Fair of the year is just around the corner! Students will have time to shop during the day and the Fair will be open during Conferences!

Set Up an [eWallet](#) today:



Career Day is coming to KTA on Friday, March 6!

We are very excited about this event and are currently looking for members of the KTA family and community to volunteer their time to share their career experiences. The purpose of Career Day is to inform and inspire students and to broaden their horizons by exposing them to a variety of possible career paths. If you are interested, please complete the [Google Form](#); one of our Career Day planners will reach out to you with more information. Last day to register is **Sunday, February 1!!!**



Save the date For our Middle School Musical Singin' in the Rain Jr

Auditions: Tuesday February 17th 2:15-3:30pm
pick up on Metro Side

No-Cut for ensemble, solo role placement determined by solo audition

Performances: Friday April 24th at 6:30pm
Saturday April 25th at 2pm

Tickets- \$10 premium, \$5 adult, \$3 student

Rehearsals: Tuesdays and Thursdays 2:15- 3:30pm
School days from February 19th-April 22nd

Participation fee: \$45.00 dollars includes script and t-shirt



AZ529 Art Fest

The Arizona State Treasurer's Office and AZ529 have launched the 5th annual AZ529 Future Career Art Contest for Arizona students in kindergarten through sixth grade. Students are invited to create artwork that represents their future career and the education needed to achieve it. Fifteen students statewide will be selected, one from each county, with winners receiving \$529 toward a new or existing AZ529 Education Savings Plan and being recognized by Treasurer Kimberly Yee at a ceremony at the State Capitol in February. Entries may be submitted online or by mail beginning January 5 and must be received by February 8, 2026, at 11:59 p.m. MST. Contest details and submission information are available at

<http://www.AZ529.gov/2026artcontest>.



Spring 2026 Youth Enrichment

KYRENE COMMUNITY EDUCATION

AFTER-SCHOOL ENRICHMENT CLASSES AVAILABLE MONDAY - FRIDAY ON YOUR SCHOOL CAMPUS!

SCIENCE, TECHNOLOGY, ENGINEERING, SPORTS, ART, MUSIC, DANCE, LANGUAGE, AND MORE!

VISIT US ONLINE TO EXPLORE CLASSES AT YOUR SCHOOL!

KYRENE.ARUX.APP/ENRICHMENT
480-541-1500

ENROLLING NOW

Mondays

STEMazing Explorers
Slime Design Lab

Tuesdays

B.O.L.T.S.
(Building Our Leaders Through Science)

Wednesdays

Cartoon Drawing
S.L.U.G.

Thursday

Chess

Fridays

Piano

<https://kyrene.arux.app/>



LOST AND FOUND

Look at all these amazing jackets and coats!!!!!!

They don't have names written in them. They are on display in the school Health Office. Please stop by and take a look.

All lost and found will be donated on March 6.

It's Time to Start Thinking about the 2026 KTA Variety Show!

Show Date: Wednesday, April 15



Audition Date: Tuesday, February 19

Who may audition: Any student at KTA!

What kinds of acts are we looking for:

- Singing
- Dancing
- Playing an instrument
- Gymnastics
- Funny skits
- Magic acts
- Emcees

Permission slips available here ([link to PDF](#)).

Please direct any questions you may have to Becky Bull (bbull@kyrene.org)



President's Day

Monday, February 16, 2026

No School

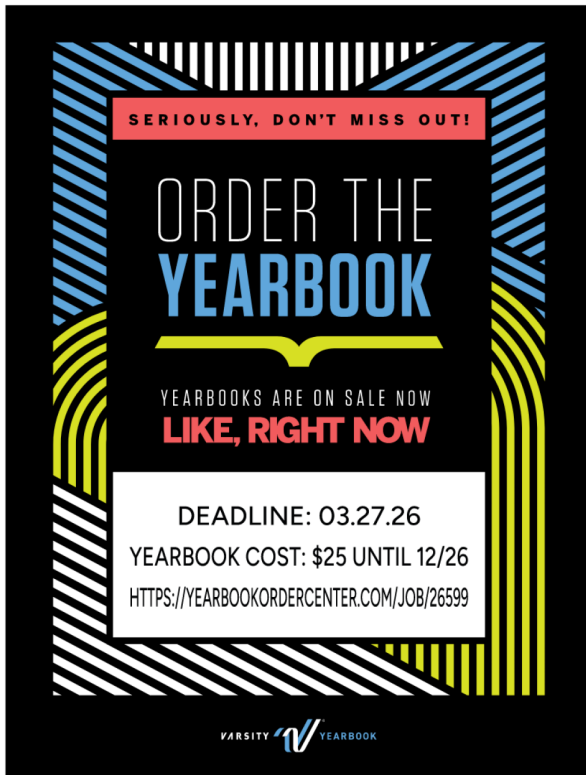


Dine for KTA - Cafe Zupas

Wednesday, February 18

4:00 p.m. - 9:00 p.m.

**3305 W Chandler Blvd
Chandler, AZ 85226**



YEARBOOKS NOW AVAILABLE FOR PREORDER!!!!

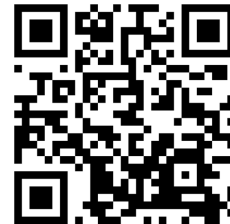
<https://yearbookordercenter.com/job/26599>

\$25

Orders are being processed directly through the yearbook company this year. Please use the above link or QR code.

Orders accepted through March 27? No preorders will be accepted after this date. A small qty of extra yearbooks will be ordered and will be sold on a first come/first served basis.

Yearbooks don't come in until the last weeks of school, but don't miss out....Order your yearbook in advance!!

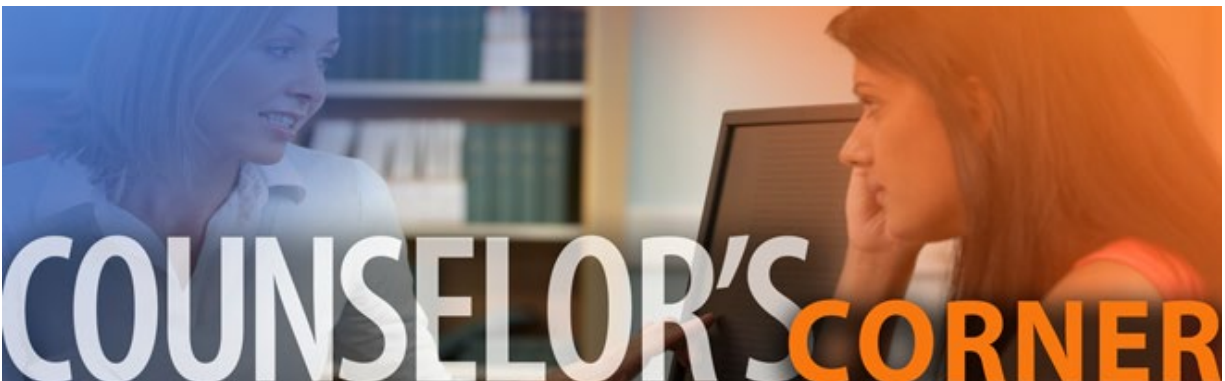


Enrollment Opens in February!

Mark your calendars and set your alarms—enrollment for the upcoming school year will open at 6:30 a.m. on Tuesday, February 3! Current KTA students who are continuing on at KTA do not need to do anything.

Enrollment will be available for new students, change school requests, preschool programs, and before- and after-school programming at www.kyrene.org/enroll.

Current and prospective families are invited to learn more about Kyrene schools and take virtual tours of each of our campuses by visiting www.kyrene.org/kyrenekids.



Feeling stressed out these days? You're not alone. While tension and worry can be a natural part of life, unfortunately, we live in a society that normalizes feeling highly stressed out all the time. And living with these high levels of chronic stress can lead to a host of physical and mental health problems, including burnout.

Name That Stress

The key to reducing our stress is to notice when your stress levels tip from the [healthy good kind of stress](#), called 'eustress' to the negative, unhealthy kind of stress, called 'distress.'

Eustress is motivating. Think of a big project you're excited about—you [feel energized](#) and focused, you're confident in your skills and capabilities, and you're excited to work on it.

That's eustress at work—it keeps you engaged, makes you highly productive, and ensures you deliver on your commitments.

Eustress can feel good because it's usually also short-term. You get super-focused, and your performance and [productivity](#) improve. When the project is over, you feel the euphoria of success and move on. The stress disappears because you don't need it anymore.

On the flipside is distress—that feeling when a project or situation seems beyond your capabilities to handle. You may feel anxious and worried, your performance and productivity take a hit, as does your energy and motivation. Distress can be short-term or long-term.

Spot Your Stress Signs

Even good, positive, energizing eustress can turn to distress when there's too much of it. This is stress overload. When operating at stress overload levels, it can look like your brain racing and not being able to stop thinking about everything that needs to get done, it may take longer to fall asleep, and you may wake up too early. Often this includes a sore neck or muscles, and you may feel like you are running through every day but getting nowhere. At the end of the day, you may feel drained and dreading the next. It is important to recognize what stress overload looks like for you. How does stress overload impact your body? Your relationships? Your sleep? Your productivity?

When you're in stress overload, instead of trying to power through, make some positive changes. It's not normal to be overwhelmed all the time, and your response should not be to just keep going until something gives. Pay attention to the signals your body may be sending that you're under stress, then take action the moment you notice it reaching—or passing—the tipping point.

So, what are your indications that you've tipped from eustress to distress? Most of us know our individual signs of a rising stress level: impatience, irritability, [sleep difficulties](#), headaches, or a deep desire to lock yourself in a room with a good book and a box of chocolate (okay, that one may be unique to me).

Make a list and start watching for your stress signs. Chances are you're living with many symptoms of stress overload right now.

Take Control

Here are five strategies to start to get your stress overload under control:

Take breaks every 90 minutes. Research has found that people who [take breaks every 90 minutes](#) are more productive and more relaxed.

1. **Set boundaries with work.** Don't check work email after hours, don't work on weekends, and take your vacation time. When you recharge, you're far more relaxed—and productive.
2. **Do one thing every day that fills your tank.** Play catch with your kids, work on a hobby or passion project, or phone a friend. It can take less than 10 minutes, but it will have a huge impact on reducing your stress and increasing your resilience.
3. **Focus on what makes you grateful.** In my family, we share three good things that happened during the day over dinner. Research shows that doing so [increases happiness and well-being](#).
4. **Get more sleep.** Seriously. Researchers found that [sleeping too little](#)—defined as fewer than six hours each night—was one of the best predictors of on-the-job burnout.
5. Taking time to care for yourself helps you be more productive and more engaged. Identify three actions you could take today to reduce your distress and avoid burning out.

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Jen Woolf, MAS-MFT, LAMFT
Certified School Counselor/
Peer Mediation Coordinator
Kyrene Traditional Academy
P: (480) 541- 5549 | E: jwoolf@kyrene.org

[View Full Calendar](#)

Upcoming Events

FEBRUARY:

- February 2-6: PTO Book Fair & Conferences
- February 2: MS Advisory Group Photos
- February 5 & 6: Early Release @ 12:15 p.m. (in addition to Wednesday, Feb 4)
- February 9: PTO Meeting @ 5:30 p.m. in the MPR
- February 16: No School
- February 17: MS Theatre Auditions
- February 17: Kids Heart Challenge Kick Off
- February 18: Cafe Zupas Dine For KTA Night
- February 19: Variety Show Auditions
- February 26: All School \$1 Free Dress
- February 26: Quarter 3 Band Concert
- February 27: World Fair

For a complete calendar for the Kyrene School District [click here](#).



Speak Up Kyrene!

Kyrene School District is proud to announce that later this month, we will officially launch Speak Up Kyrene, an anonymous reporting system available 24/7/365.

This tool is a partnership with Sandy Hook



Promise and Navigate360, and will provide licensed crisis counselors and a safe way for students, families, and community members to share concerns such as bullying or threats. Be on the lookout for an email from the District with more information once the system goes live.



**Kyrene School District offers ESS parent trainings.
All trainings will be held at the District Office from 6:00 - 7:30 p.m.**

February 19, 2026: IEP Training with Encircle Families
April 1, 2026: Early Childhood Literacy

And
April 22, 2026 ESS Family Resource Fair
Kyrene del Pueblo Middle School.
More Information to come!

[CLICK HERE FOR A MORE DETAILED FLYER!](#)

Contact Us

Kyrene Traditional Academy
3375 W. Galveston St.
Chandler, AZ 85226

Phone: 480-541-5400
Fax: 480-541-5410

School Hours: 7:25 am – 2:15 pm
Wednesday 7:25 am - 12:15 pm

Office Hours: 7:00 am – 3:30 pm
Wednesday 7:00 am - 1:30 pm

Attendance: 480-541-5401

A+ School of Excellence™



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SchoolMessenger is a notification service used by the nation's leading school systems to connect with parents, students and staff through voice, SMS text, email, and social media.